

Registration fee is \$325 and includes materials, breakfast, lunch and refreshments. Space is limited to 30 participants. **Registration deadline is May 19.**

## REGISTRATION FORM

|  |     |        |
|--|-----|--------|
| First Name   |     |        |
| Last Name  |     |        |
| Job Title  |     |        |
| Organization/Agency  |     |        |
| Mailing Address  |     |        |
| City, State, Zip   |     |        |
| Phone  | Fax | E-mail |
| <input type="checkbox"/> Enclosed is my check for \$_____ made payable to Partnership for Healthy Aging. |     |        |
| <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard  |     |        |
| Card Number  |     |        |
| Exp. Date  |     |        |
| Name   |     |        |
| Signature  |     |        |

Please mail completed form with payment to:  
Partnership for Healthy Aging  
465 Congress Street, Suite 301  
Portland, ME 04101

Or fax registration to 207-541-7540 with check to follow by mail. For more information please contact:  
Michelle Nevers \* 207-775-1095 \* neverm@mmc.org

If you are mailing this form, make sure this panel is on the inside when folded and mailed.

A Matter of Balance  
Partnership for Healthy Aging  
465 Congress Street, Suite 301  
Portland ME 04101



MaineHealth's **PARTNERSHIP FOR HEALTHY AGING** is pleased to offer

## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### Lay Leader Model Master Trainer Session

**June 7 & June 8**

Hilton Garden Inn  
5 Park Street  
Freeport, Maine



MANAGING CONCERNS ABOUT FALLS

# A MATTER OF BALANCE

## Lay Leader Model

### Master Trainer Session

This two-day training session will provide you with information and materials to coach **A Matter of Balance: Managing Concerns About Falls** in your community. As a result of the training, you will become a Master Trainer prepared to:

- Recruit and train volunteers to lead **A Matter of Balance** classes
- Coordinate the program in your community
- Market the program to older adults
- Evaluate outcomes

**Wednesday, June 7, 8:30 am – 4:30 pm**

**Thursday, June 8, 8:30 am – 2:00 pm**

### HILTON GARDEN INN

5 Park Street • Freeport, Maine

Registration fee is \$325 and includes materials, breakfast, lunch and refreshments. Space is limited to 30 participants.

**Registration deadline for the training is May 19.**

For more information please contact Michelle Nevers (207) 775-1095 or e-mail neverm@mmc.org

#### HOTEL ACCOMMODATIONS

Hilton Garden Inn Freeport Downtown  
5 Park Street • Freeport, ME 04032  
Telephone: 207.865.1433  
Toll Free: 877.782.9444  
Fax 207.865.1432  
[www.freeportdowntown.stayhgi.com](http://www.freeportdowntown.stayhgi.com)

To obtain the discounted hotel rate of \$119.00 single/double occupancy, plus 7% tax per night, please call the Hilton Garden Inn at 877.782.9444 and indicate that you are attending the **Matter of Balance Lay Leader Model Training Session**. Reservation deadline for the discounted rate is May 5. Cancellations must be received within 72 hours prior to arrival date.

Place  
first class  
stamp

Tear along dotted line. Fold and tape closed along this edge. Place First Class stamp on this panel.

## A Matter of Balance

Partnership for Healthy Aging

465 Congress Street, Suite 301

Portland ME 04101



MANAGING CONCERNS ABOUT FALLS

### WHAT IS A MATTER OF BALANCE?

**A Matter of Balance** is specifically designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults.

The program includes eight two hour classes presented by trained coaches using an extensively detailed training manual and two instructional videos.

**A Matter of Balance** uses practical coping strategies to reduce fear of falling and to diminish the risk of falling including group discussions, mutual problem solving, exercises to improve strength, coordination and balance, and home safety evaluation. This structured group intervention works best with 10 – 12 participants.

### OUTCOMES

97% of older adults taking **A Matter of Balance** are more comfortable talking about fear of falling and increasing their activity. Research outcomes include improved falls management and exercise level up to twelve months after taking the class.